

# Healing Power Of Cats

## **The Healing Power of Cats:-**

Doctors studies have shown that caring for, and love of a cat provides more than emotional satisfaction. It also safeguards physical health and may even help to save life.

Cats have almost miraculous healing powers!! - According to studies.

## **Cats:-** Owning a Burmese or Siamese cat can be good for your heart!

Scientists have found that your heart-beat can slow to match the purring of your cat, which helps reduce your stress levels!

## **Cats Are Good For You!!**

Intelligent, elegant, entertaining, loving and affectionate:

Cats stand apart as being deserving of respect. Inspiring awe and endowed with super natural power.

Modern times have unlocked some of the mystery that cats have always held for people. Research has proven beyond doubt that these animals we love and value as friends are also very, very good for us.

Cats are wonderful companions, so much that the companionship of cats is now being used as therapy, especially for the elderly and the disabled.

Children brought up with cats in the home tend to make more successful adults in both career and relationships.

Simply patting a cat has proven to dramatically lower blood pressure!!

Results from an Australian survey have shown that owning a pet is as efficient in reducing blood pressure as cutting down on alcohol or eating less salt.

Pet owners are less at risk from heart disease.

Cats have been credited with having special healing powers and modern research has shown that cats do have a remarkable influence on maintaining health. There is clear evidence that owing a pet reduces blood pressure and increased the recovery of people who suffer heart attacks.

Patting a cat can have the same effect as meditation or other relaxation techniques.

## **Animals ideal Cure for Loneliness:-**

A companion animal, such as a Burmese or Siamese cat, may help the elderly cope better with the challenge of loneliness.

"Loneliness is often cited as the worst aspect of ageing and owning a pet is acknowledged by many experts and elderly people as a way of decreasing these feelings of loneliness and isolation", according to a psychologist.

Cats are ideal pets for the older people as they are physically less demanding than some pets which are often too active. "According to several studies, cat or pet ownership helps promote mental stability, offers comfort in times of loss and stress and provides constant companionship."

"It is the strong attachment to an animal companion and the need for nurturing and meaningful daily activities which can help reduce the effects of depression, anxiety and loneliness."

Research has also found that animals help extend social contact.

In fact, strangers are more likely to approach and speak to a person with an animal.

"Cat ownership, as with children, promotes a sense of responsibility and makes elderly people feel like they are in control through assuming the key responsibility for caring for someone else."